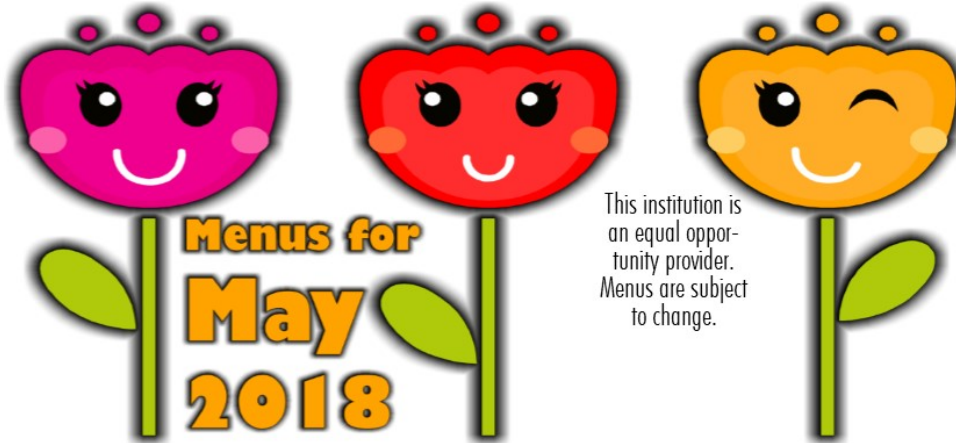



St.  
Joseph  
School



**CHECK. UP.** 

Here's a heads-UP to UP your chances for waking UP healthy every day: get an annual CHECK UP. Whether you're young or old or somewhere in between, a yearly doctor visit can find and fix problems before they crop UP!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**



Tuesday, May 1	Wednesday, May 2	Thursday, May 3	Friday, May 4
<p><b>Lunch</b> -Ham, Egg &amp; Cheese on Croissant -Breaded Chicken Sandwich -PBJ Sandwich Emoji Potatoes Chilled Strawberries Cold Milk</p>	<p><b>Lunch</b> -Mozzarella Sticks with Dipping Sauce -BBQ Pork Sandwich -PBJ Sandwich Seasoned Green Beans Chilled Peaches Cold Milk</p>	<p><b>Field Day!</b></p>	<p><b>Early Dismissal</b>  <b>No Lunch!</b></p>

**NUTRITION TO GO**

Broccoli is an excellent source of vitamin C and beta carotene, both of which can help fight cancer. Frozen broccoli actually has more beta carotene (but less vitamin C) than fresh. Steaming fresh broccoli is the best way to retain nutrients and avoid the "too strong" flavor that results from overcooking.

**A QUICK BITE FOR PARENTS**

Monday, May 7	Tuesday, May 8	Wednesday, May 9	Thursday, May 10	Friday, May 11
<p><b>Lunch</b> -Double Stuff Cheese Pizza -Mini Corn Dogs -PBJ Sandwich Sweet Peas Apple Slices Cold Milk</p>	<p><b>Lunch</b> -French Toast Sticks &amp; Sausage -Hot Ham &amp; Cheese Sandwich -PBJ Sandwich String Cheese Potato Rounds Chilled Peaches Cold Milk</p>	<p><b>Lunch</b> -Soft Chicken Tacos -Club Croissant Sandwich -PBJ Sandwich Black Beans Chilled Applesauce Cold Milk</p>	<p><b>Lunch</b> -Orange Chicken &amp; Fried Rice -Sub Sandwich on Mini Hoagie Bun -PBJ Sandwich Fresh Broccoli Chilled Mixed Fruit Fortune Cookie Cold Milk</p>	<p><b>Lunch</b> -Chicken Strips with Bread -Sloppy Joe Sandwich -PBJ Sandwich Creamy Cole Slaw Seasoned Carrots Fresh Orange Smiles Cold Milk</p>

